

THE SENTINEL



OFFICIAL SAFETY NEWSLETTER OF CIVIL AIR PATROL

The Point of No Return

In most accident studies we have learned that there are usually a series of events that lead up to the final action which is the accident itself. We have been taught the accident chain theory and to prevent an accident we must recognize the links in the chain and know when to brake on the flight involved, or with an attitude

tant to understand our own reaction

time, experience level to handle emergency situations and also the ability to prevent an accident from happening. It is also a development of our own flight discipline which is key to developing the behavioral habits essential for a positive safety culture. The goal is to prevent ourselves from going beyond the “point of no return”.

When we become committed in the chain of an accident event, we may not be able to know when we go

beyond the point of no return and become involved in an accident. That point can occur from the very minute we do a pre-flight, using equipment not operating properly, flying while fatigued, still under the influence of medication, poor weather briefing or none at all, currency challenges for the flight involved, or with an attitude of mission success and not focused on the flight itself. It is most likely a chain of events that can include many factors from skill deficiency to ego; and have us go beyond the point of no return.

Proper flight discipline is very important in understanding the safety chain and the links that are responsible leading to an accident. To quote Tony Kern from his book Flight Discipline; “It is at once an attitude and a plined mind harbors no room for complacency, failures of preparation, or unnecessary risk taking. As a behavior, this zero tolerance attitude manifests itself in our everyday decisions and actions.



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In one form or another, flight discipline exist within nearly every organizational entity we deal with in aviation, including the likes of weather forecasters, Flight Service personnel, and air traffic controllers. Organizations are key in the development of flight discipline, as they establish a culture and climate within which individual flight discipline can either flourish or perish.” (sound familiar)?

Another important link in the accident chain that is identified with our role in the C.A.P. is the desire to complete a mission. This desire can be equated with pressing, which is defined as an unwarranted and occasionally obsessive drive to accomplish flight objectives. Many of you know it as get home-itis, can do attitude, I’m not giving up yet, or to the military issue “mission-itis. No matter what you call it, it will lead to poor risk management decision making process and can end up in tragedy. The completion of any mission, get home, or must get there attitude should never be placed in front of safety. A positive flight discipline will help you to know the links in the accident chain.

LM

Stroke Identification

There are some of us in the C.A.P. that are getting a little older, yes me included; and it is important as we deal with our volunteer responsibilities that we are able to help each other should one of us develop a stroke. A stroke can happen at any age so it is important we can remember some simple tips in recognizing when someone is suffering from a stroke and get immediate medical help. Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke vic-

tim may suffer sever brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

S Ask the individual to **smile**.

T Ask the person to **talk**.

R Ask them to **raise** both arms.

If they have any difficulty with any of these simple task then call 9-1-1 immediately and describe the symptoms to the dispatcher.

LM

Family Weather Safety Tips

1. Decide where to go if at home, school, work, outdoors, or in a car when a flood, severe thunderstorm, or a tornado warning is issued.
2. Update your emergency plans every year.
3. Be sure everyone in the family knows where your family disaster supply kit is located.
4. During extreme heat be sure to include in your kit extra water or juice, sun screen and wide brim hats.
5. Designate a friend or a relative outside your town or area as your family contact in the event you are separated from family members during a flood, tornado, or in the case the storm knocks out your electricity.
6. In the case of a tropical storm or hurricane designate someone outside the area to be affected as your family contact. Also agree on a place to meet in the event you are separated.
7. Know your evacuations routes. LM